



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

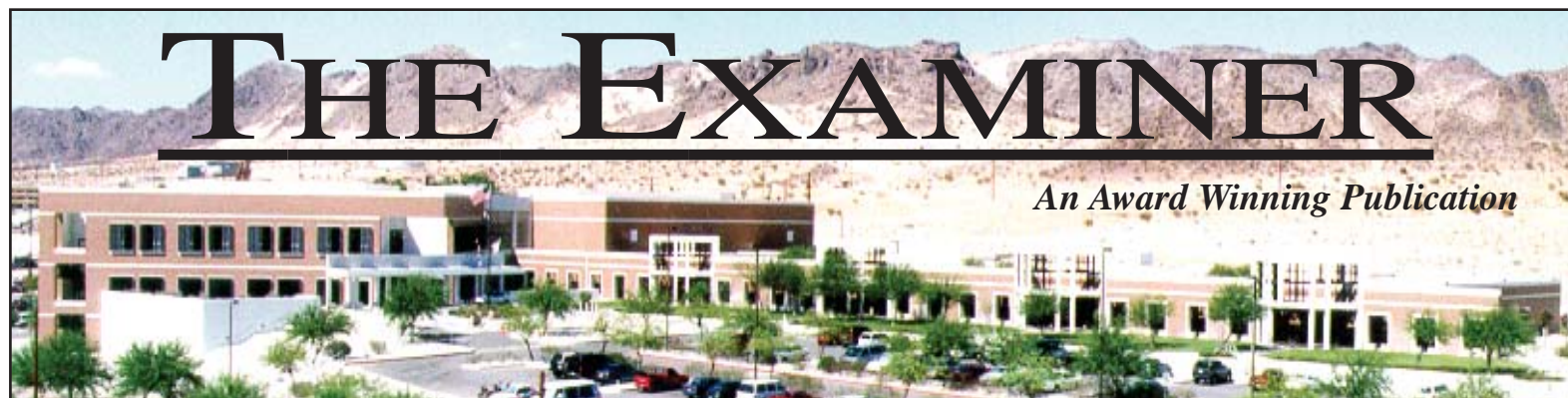
E-mail at complaint@jointcommission.org
Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>



TeamSTEPPS!

HN Henry Dawson (left) is presented with a gift card by Cdr. Kristina Morocco. In late July, Dawson was a member of a surgical team planning a hemorrhoid banding procedure. Noting a latex allergy in the patient notes, Dawson took it upon himself to examine the surgical band packaging and discovered they were 100 percent latex. "His intervention potentially saved that patient an adverse reaction," Cdr. Morocco noted. Proving once again, TeamSTEPPS works! If you see a problem, speak up!

FRG Seeks New Members

The Family Readiness Group (FRG) at Naval Hospital 29 Palms hosts themed monthly meetings and everyone is invited to attend (children are welcome). Meetings are held on the first Tuesday of every month at 5 p.m. in the hospital in Boardroom. The themes for the remainder of the year are September: Desert Fun/Things to Do in 29 Palms; October: Disaster Preparedness (we will also be collecting children's toys/snacks for use at the Naval Ball); November: Finance/Budget; and December: Holiday Celebration. The FRG is an all-hands volunteer organization open to active duty, family members and retirees. For more information please email: frg29p@yahoo.com or visit our Facebook page FR+G 29 Palms Family Readiness Group.



Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week

New DFA On Board

It's easy to fit in when you share a similar background. That's exactly what NHTP's new Director for Administration, Cdr. Gary Grothe (pronounced, Growthee), is finding among the command staff. He shares a dental tech background with Command Master Chief, Carol Merricks, and he graduated from the same high school as NHTP Commanding Officer, Capt. Jay Sourbeer (Largo High School, Largo Florida). In terms of command philosophy, he has a wait and see approach. "I want to meet everybody, see how things are going and get a feel for how things operate before I make any judgments or have any big decisions," Cdr. Grothe said shortly after arriving. "I know the Joint Commission and Med IG visits are coming up, so that's obviously number one on my radar right now," he said. Cdr. Grothe arrived from Naval Branch Health Clinic Port Hueneme where he was Officer in Charge for the past three years. He's been in the Navy for just over 15 years, and was a non-commissioned officer in the Air Force for over 10 years. "I was a dental tech, E-6 select, when I switched over," he said.

The Medical Service Corps officer has a positive outlook and is impressed by the high desert hospitality. "The people around here are very friendly," he remarked. "It's very much like an OCONUS (Outside Continental United States) location," he said. "People seem to be looking out for each other and taking care of one another." Cdr. Grothe earned his Associate's Degree from the Community College of the Air Force. He earned his Bachelor's degree from Wayland Baptist University and his Master's degree in Management from



Cdr. Gary Grothe

Colorado Technical University, Colorado Springs, Colo. Hobbies mostly include "spending time with my family." He's here with his wife, Carol Ann, and two youngest daughters, Graziella (born in Sigonella, Italy), age nine, and Hannah, age 13. His two oldest sons are married

and his third son is enrolled at Dallas Baptist University. The Grothes plan to live on Base and are relieved to be out of temporary housing with their 90-pound Labrador Retriever, Buddy.

Patients seen in July -- 13,559

Appointment No Shows in July -- 831

In July we had an 6.1 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms*.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

We Are All A Little Off

By Tanya Stuckey

Have you ever met someone and thought, “Hmm, he’s an odd one?” It is far easier to judge others than to look within ourselves. Let’s face it, we all do weird things. We have thoughts that we share with only our closest friends; and in someone’s eyes, we are the strange one.

The Surgeon General defines mental health as “the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to change and cope with adversity.”

Do a quick self-assessment. How is your mental wellness? If you aren’t feeling productive, connected or fulfilled, it may be time for a tune-up. Taking care of ourselves means the whole self. We all have a bad day or even a bad week. Many of us have suffered a big loss, experienced change that we have difficulty adjusting to or feel on edge on occasion. What do you do to move past these difficulties and get back on track?

Here are a few suggestions for staying on track or regaining your positive attitude:

- Practice Mindfulness- Live in the present moment and be aware of your mental state. You have the power to change your perception and attitude.
- Eat well and exercise-- keeping your physical self healthy will have a positive impact on your mental health.
- Call a Friend- Surround yourself with people who you enjoy spending time with and practice being a friend to those you love.
- Avoid Drama- Social networks, television and relationships that promote drama have no place in building a healthy lifestyle.
- Be Grateful- Spend time each day reflecting and make a list of things and people for whom you are grateful.
- Be Realistic- Set attainable goals for yourself and those around you. Unrealistic expectations

lead to disappointment and they sabotage progress.

If you are pleased with the results of your self-assessment, then sit back and enjoy the quiriness that lies within and in those around you. There may be things you can’t address alone. Don’t be afraid to ask for help. Acknowledging that we cannot solve all problems ourselves is a sign of strength and true insight.

Resources staffed with people who care and who want to help you reach your full potential are available at no cost:

- NHTP Primary Care (760) 830-2752
- NHTP Mental Health/ Deployment Health (760) 830-2785
- MCCS Behavioral Health (760) 830-7277
- Marine Advisor (855) 763-7542
- DStress Line (877) 476-7734
- Military OneSource (800) 342-9647
- National Center for Telehealth & Technology:
<http://www.t2.health.mil>
- Operation Live Well
<http://www.health.mil/Military-Health-Topics/Operation-Live-Well>
- **FOCUS Project 830-3818**
FOCUS (Families OverComing Under Stress) is a resiliency training program for military families. FOCUS provides strength-based training for today’s military family, to include communication, problem solving, emotional regulation, and goal setting skills. This evidenced-based program is unique, flexible, confidential and is individualized for families. Individualized family training is not therapy and is designed for the proactive family wanting to shore up its strengths to meet the daily challenges of military life. It consists of weekly meetings to work toward personalized goals. FOCUS also has a specialized track for families facing wounds, illnesses or injuries.



Lt. Daniel Crouch, NHTP Assistant Emergency Manager (center), briefs the Camp Pendleton 1st Civil Affairs Group during Large-Scale Exercise 2014 aboard the Marine Corps Air Ground Combat Center. The 14-member 1st Civil Affairs Group visited NHTP Aug. 14 and split into two groups, a medical group to assess medical services, and a facilities group to learn about building capabilities. In the Civil Affairs Group’s training scenario, NHTP represented a hospital in a war-torn region with an influx of refugees. The purpose of the training scenario was to allow the Civil Affairs Group to practice the same skills that would come to bear in an actual conflict with U.S. Marine force intervention. Senior members of the 1st Civil Affairs Group have experience performing these tasks in Iraq and Afghanistan. During the August 14 visit, Lt. Crouch changed hats and as NHTP Environmental Health Officer, briefed the medical group on strategies to prevent and treat the spread of infection and related illnesses. Photo by Alex Hogan.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month’s edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Preventive medicine is the key to good health! In this sense, medicine does not mean pills or potions, but good health habits that prevent the onset or progression of illness. Remember the old adage, “an apple a day”? All the good things seem to find their way back around. Note: This rule should not always be applied to fashion; do you remember “hammer pants”?

This month’s question is a perfect lead into self-care and the type of medicine that has no negative side effects:

Dear Tanya, I have an active-duty spouse with depression and a child with asthma. I know the easy answer is to make sure mental health appointments are kept and make an appointment for my child with the pediatric department, but I'm wondering if you have any tips for what I can do to increase my family's health.

Answer:

Needless to say, I will always recommend keeping up with appointments and any medication or advice you have been given by your medical provider. There are also things you can do on your own (and they are free) to keep yourself and your family on the right track to

good mental and physical health.

Let’s start with depression; a diagnosis does not define you. There are measures that you can take in addition to those above that can significantly improve mood and energy. For example, taking family walks after dinner. Not only does the physical exercise increase blood flow and oxygen to the brain allowing us to feel and think better, but it gives the family some good healthy time together. Talk while you walk. This helps to regulate your pace and you’ve just made time to catch-up on conversation that is often missed when we spend time in front of the TV, gaming, returning emails, checking social media or texting. It may be difficult at first to muster up the motivation, but you can do it! We are not talking about training for a marathon, just get moving. A daily dose of vitamin D from

our beautiful desert sun is an excellent booster too! Just be sure to wear your sunscreen (every day and year-round).

Now what about asthma? Well, there are plenty of allergens everywhere you turn and in an effort to minimize the use, or increased use of an inhaler; here are just a few tips from the Asthma and Allergy Foundation:

- Washing sheets and stuffed animals once a week in 130-degree water.
- Placing unwashable stuffed toys in the freezer once a week for 24-hours.
- Making sure all clothes are fully dry before putting them in drawers and closets.
- Use the fan/vent when showering to keep air circulating and reducing moisture in the air.
- Vacuum furniture and curtains/drapes once a week

Dust is made up of a collection of allergens and we have lots of it here! Be sure to wipe all surfaces and vacuum weekly to reduce the amount of dust in the home. When possible,

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use HEPA (high-efficiency particulate air) filters in your whole house central air system, or in room air cleaning devices and be sure to replace filters regularly.

Healthy families are happy families! There are so many benefits to adopting a healthy lifestyle. Pass it on!

For more information on creating a healthy lifestyle plan, make an appointment to see any of our great resources located conveniently here aboard the installation.

- NHTP Dietician: (760) 830-2274
- NHTP Stress Management/Relaxation classes: (760) 830-2814
- MCCA Semper Fit/ Gyms: (760) 830-64511

If you have medical/health question that you would like to see addressed in print, please contact Tanya Stuckey (760) 830-2173 or email: tanya.stuckey@med.navy.mil

Suicide Prevention Involves Taking Ship Shipmate and Self To Heart

By Lt. Nnamdi G. Ohaeri
NHTP Suicide Prevention Coordinator

September is Suicide Prevention Month, and I wanted to take this opportunity to talk about information pertaining to suicide awareness and prevention.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines suicide as “death from injury, poisoning, or suffocation where there is evidence that a self-inflicted act led to the person's death.” I often hear the question, “How can you tell whether someone is actually going to commit suicide?” Unfortunately, there isn’t a reliable way to predict who will ultimately commit suicide.

That we cannot predict an individual’s suicide probability does not mean we stand idle.

The majority of psychiatric patients have multiple suicide risk factors; however, the majority of psychiatric patients do not commit suicide. This also applies to individuals who do

not have a mental health history. Stable chronic risk factors are usually not a reason for psychiatric hospital admission. Acute stressors must be considered in the context of an individual’s presentation to determine the appropriate treatment.

Therefore, risk factors should be considered in the context of the entire evaluation of the individual and in the context of their specific circumstances.

So what are the risk factors? As indicated by the *National Suicide Prevention Lifeline*, risk factors can often become confused with the warning signs of suicide. It is important to be mindful that factors identified as increasing risk are not factors that cause or predict suicide. Furthermore, risk factors can be conceptualized as characteristics that may increase the probability of an individual’s consideration of suicide. Some risk factors for suicide include, but are not limited to, mental disorders (particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders), alcohol and other substance-use disorders, hopelessness, impulsive and/or aggressive tendencies, history of trauma or abuse, major physical illnesses, a previous suicide attempt, family history of suicide, job or financial loss, loss of a relationship, easy access to lethal means, lack of social support and sense of isolation, stigma associated with asking for help, lack of health care (especially mental health and substance abuse treatment), cultural and religious beliefs (such as the belief that suicide is a noble resolution of a personal dilemma), and exposure to others who have died by suicide.

Protective factors are characteristics that make it less likely that individuals will consider suicide, and they may include, but are not limited to, receiving effective clinical care for mental, physical and substance-use disorders, having easy access to a variety of clinical interventions, restricted access to highly lethal means of suicide, strong connections to family and community support, support through ongoing medical and mental

health care relationships, skills in problem solving, conflict resolution and handling problems in a non-violent way, if feasible the removal of an individual from a stress-inducing environment, and/or cultural and religious beliefs that discourage suicide and support self-preservation.

So how do these concepts apply to us at NHTP or to any personnel working aboard the Combat Center? We can all, at times,

acknowledge that working within the military environment in and of itself can be stressful. With the stressful nature of our work environment in mind, it is our duty and responsibility to be more mindful of our positional authority and rank, and how those variables can be perceived when one is struggling. Some of our shipmates may be struggling occupationally or interpersonally, but because of external

Please see Suicide Prevention on Page 7

2X3
Smith’s Family
Properties

Super Stars...



Hospitalman Nolan W. Bronson (right) receives a Letter of Commendation from NHTP Commanding Officer, Capt. Jay Sourbeer, for "outstanding performance of duties while serving as General Duty Corpsman, Adult Medical Care Clinic, Naval Hospital Twentynine Palms, California, from September 2012 to September 2014. Hospitalman Bronson consistently performed his duties in an exemplary and highly professional manner. He assisted nine providers in the treatment of 641 patients including 99 blood draws, 70 infant heel sticks and hearing screenings, 47 intravenous therapy placements, seven electrocardiograms, four toenail removals, one nasogastric tube insertion, and one lymphoma removal. As an Advanced Cardiac Life Support instructor, he qualified 10 physicians and 20 Corpsmen of Naval Hospital Twentynine Palms staff to meet their training requirements in support of the hospital mission of quality care. Performed 10 hours of medical coverage for Headquarters Battalion Marines where he oversaw the care of 40 Marines over the span of three weeks and treated 18 injuries. He volunteered 26 hours to Yucca Valley's Public Library Reading Program where he set up the community area for performances and arts and craft activities with the younger generation. Hospitalman Bronson's exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."

(Signed),

Bruce L. Gillingham

Rear Admiral, Medical Corps

United States Navy



Mr. Edell Buckley (right) receives a Federal Length of Service Award from NHTP Commanding Officer, Capt. Jay Sourbeer, in grateful recognition and appreciation for 10 years of faithful service to the Federal Government.



Lt. Yekaterina L. Anderson (right) receives a Navy and Marine Corps Commendation Medal from NHTP Commanding Officer, Capt. Jay Sourbeer, "for meritorious achievement while serving as Chief Information Officer, Information Management Department, NHTP, from September 2011 to August 2014. Lt. Anderson was instrumental in Branch Health Clinic China Lake achieving National Committee for Quality Assurance Medical Home Level Three recognition. She increased IMD staff by 35 percent, decreased help desk ticket back logs by 86 percent through streamlining processes, and continually merging local objectives with regional and Navy Medicine information technology strategies. Lt. Anderson's exceptional professional ability, distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman First Class Raul M. Cervantes (right) receives a Letter of Commendation from NHTP Commanding Officer, Capt. Jay Sourbeer, "for outstanding performance of duties while serving as Leading Petty Officer, Directorate Surgical Services, NHTP, from January 2014 to March 2014. Petty Officer Cervantes consistently performed his duties in an exemplary and highly professional manner culminating in his selection as Naval Hospital Twentynine Palm's 'Senior Sailor of the Quarter' for the Second Quarter, Fiscal Year 2014. He achieved this distinction by demonstrating exceptional leadership, initiative and dedication to duty. This prestigious recognition sets him apart as a true professional and personifies the enlisted community's reputation of high standards of performance and conduct. His enthusiasm and contribution epitomize the Navy Medical Department's motto, 'World Class Care--Anytime, Anywhere' and provides tangible evidence of the vital role that the enlisted community plays in today's Navy. Petty Officer Cervantes' exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service. (Signed),

B. L. GILLINGHAM

Rear Admiral, Medical Corps

United States Navy



Mr. James Cox (right) receives a Federal Length of Service Award from NHTP Commanding Officer, Capt. Jay Sourbeer, in grateful recognition and appreciation for 25 years of faithful service to the Federal Government.



Hospitalman Darius L. Woods (right) receives a Letter of Commendation, presented by NHTP Commanding Officer, Capt. Jay Sourbeer, for outstanding performance of duties while serving as Pharmacy Technician, Pharmacy Department, Directorate of Clinical Support Services, NHTP, from January 2014 to March 2014. "HN Woods consistently performed his duties in an exemplary and highly professional manner culminating in his selection as Naval Hospital Twentynine Palms 'Blue Jacket of the Quarter' for the second quarter, FY 2014. He achieved this distinction by demonstrating exceptional leadership, initiative, and dedication to duty. This prestigious recognition sets him apart as a true professional and personifies the enlisted community's reputation for high standards of performance and conduct. His enthusiasm and contributions epitomize the Navy Medical Department's motto, 'World Class Care...Anytime, Anywhere!'" and provide tangible evidence of the vital role that the enlisted community plays in today's Navy. HN Wood's exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."

**(Signed),
BRUCE L. GILLINGHAM
Rear Admiral, Medical Corps
United States Navy**



Cdr. Cynthia R. French (left) receives a Meritorious Service Medal presented by NHTP Commanding Officer, Capt. Jay Sourbeer, which reads: "The President of the United States takes pleasure in presenting the Meritorious Service Medal to Cdr. Cynthia R. French, Nurse Corps, United States Navy, for service as set forth in the following citation:

For outstanding meritorious achievement as Clinical Nurse Specialist and Department Head, NHTP, from July 2012 to September 2014. Cdr. French consistently performed her demanding duties in an exemplary and highly professional manner. She distinguished herself as an effective clinical leader through her development of advanced training for clinical staff to provide quality nursing care. She oversaw 60 personnel and equipment valued at 1.5 million dollars. Commander French improved the inpatient bed utilization from 31 percent to 65 percent and provided nursing care to 5,610 outpatient encounters. As a Department Of Defense Navy Training Officer, Cdr. French implemented Mosby Skills training and ensured that updates were accessible for staff. She developed and implemented the Nurse of the Day and the Nurse Residency Initiatives that promoted a culture of safety and support for junior nurses. The professional ability, steadfast initiative, and selfless dedication to duty exhibited by Commander French highlight the culmination of her 21 years, 11 months, of honorable and dedicated service. Cdr. French's exceptional professionalism, personal initiative, and loyal devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.

**For the President,
(Signed),**

**B. L. GILLINGHAM
Rear Admiral, Medical Corps
United States Navy**



**Hospital Corpsman Third Class Christopher R. Garcia (right) receives a Navy and Marine Corps Commendation Medal from NHTP Commanding Officer, Capt. Jay Sourbeer, for "professional achievement in the superior performance of his duties while serving as Navy Corpsman, 3rd Battalion, 4th Marines, 7th Marine Regiment, 1st Marine Division, from December 2011 to May 2014, in support of Operation Enduring Freedom. HM3 Garcia performed in a superior manner on and off the battlefield. While deployed he was instrumental to care under fire and tactical field care of a fallen comrade. His decisive and methodical actions saved the life of a squad member who suffered from a gunshot wound to the head. In keeping with the Naval tradition of courage, he also provided medical treatment for an Afghanistan local national who suffered a life-threatening injury from a previous engagement. Due to his superior knowledge, he was promoted to sick-call supervisor, responsible for the high quality of medical care found within Third Battalion, 4th Marine's battalion aid station. HM3 Garcia's initiative, perseverance, and total dedication to duty reflect great credit upon himself and uphold the highest traditions of the Marine Corps and United States Naval Service. (Signed),
J.M. Barger
Colonel, U.S. Marine Corps
7th Marine Regiment
Commanding**

Introducing New Staff -- Welcome Aboard!



Jamie Snell

Jamie Snell recently joined NHTP's Maternal Infant Nursing Department. She arrives from Brenner Children's Hospital in Winston-Salem, N.C., where she was a pediatric nurse for the past three years. Snell married at the end of March to 1st Lt. Mark Rothrock, assigned to 1st Tanks, and anticipates a name change in the near future. In addition to her nursing degree, Snell has a Bachelor's degree in sociology from the University of North Carolina, Chapel Hill. Hometown is Pinehurst, N.C. Snell loves the high desert. "There aren't as many green things as I'm used to, but it's fun being somewhere that's new and different," she said. Snell is a runner and isn't afraid to get down and dirty in a mud-run race. She enjoys cooking and baking. Her signature dishes include oatmeal chocolate chip cookies and barbecued chicken.



Lt. Amelia Buttolph

Lt. Amelia Buttolph performed her family medicine residency at Naval Hospital Bremerton where she spent the past three years. At NHTP, she's assigned to the Family Medicine Gold Team as a staff physician. Lt. Buttolph earned her medical degree from the University of Wisconsin. She grew up in a military family (her father was a Navy Corpsman), and lived all over but she considers La Crosse, Wisc., home. She's been in the Navy for three years and likes that it takes her different places. Lt. Buttolph enjoys running, hiking, "anything outdoors," and travel, "as much as possible." She likes the high desert and describes it as "a different kind of beauty than the Olympic Mountains, but still quite beautiful." She expects to find a home in Yucca Valley. Music taste runs the gamut from classical to electric to her current fave, Kid Koala.



Lt. Karen Sanchez

Nurse Midwife Lt. Karen Sanchez arrived at NHTP from Georgetown University where she just completed her Certified Nurse Midwife and Women's Health Nurse Practitioner Degree. At Naval Hospital Bethesda, Sanchez worked for two years on the Labor and Delivery Mother Infant Care Center and for a year and a half on the Inpatient Pediatric Floor. If she had to pick a hometown it would be Herndon, Va., but she says that reluctantly admitting that her government-worker parents moved frequently. When asked about hobbies, she mentions her three children, an 11-year-old son and two daughters, ages 10 and 3. Sanchez is accompanied by her husband, Dustin, who she met when they were both Marines. The Sanchez family live in Twentynine Palms. Lasagna is her favorite dish to prepare and she enjoys country music.



Lt. William Phan

Lt. William Phan is NHTP's newest pharmacist. He arrived from Naval Hospital Jacksonville, Fla., where he was Division Officer in the pharmacy. Originally, from Viet Nam, Lt. Phan arrived in Des Moines, Iowa, when he was 13. He attended Drake University, also in Des Moines, where he earned his undergraduate and Master's degrees. When asked whether he'll make the Navy his career, Phan replied that he's taking it "three years at a time." Phan's parents are retired and live in Viet Nam. His brother, who came to the U.S. with him, is a certified public accountant in Iowa. Lt. Phan is unaccompanied. He became a pharmacist "because I really enjoy the aspect of using science combined with medicine to help people." Phan enjoys reading, exercising, video games and symphony music. Lt. Phan is currently house hunting in Twentynine Palms.



HN Lillian Thomas

HN Lillian Thomas arrived from Naval Hospital Camp LeJeune where she spent the past two years working in the Cardiology Department. She's been in the Navy for three years and hails from Chattanooga, Tenn. For leisure activities, Thomas enjoys drawing and specializes in nature and landscape themes using charcoal and pastels. HN Thomas considers herself an "outdoorsy" person and enjoys hiking and other outside pursuits. For music, Thomas enjoys "a little bit of everything" but if she had to pick a Pandora station "it would be 90s music," she said. Reading taste tends to the murder/mystery genre. At NHTP, Thomas will be assigned to the Post Anesthesia Care Unit (PACU). Thomas enjoys the diversity she's found among Navy personnel. "You meet so many people from all over the world," she said.

Don't Take Tendinitis Lying Down

Tendons are the tough but flexible bands of tissue that connect muscle to bones. You have about 4,000 tendons throughout your body. Tendons make it possible for you to bend your knee, rotate your shoulder, and grasp with your hand.

Tendinitis is inflammation of a tendon. (When you see “itis” at the end of a medical word, it means inflammation.) In tendinitis, the tendon gets inflamed and can rub against bone, making movement painful.

Tendinitis is usually caused by repeated motion, stress, or injury to certain muscles or joints. A sports or job-related injury is a common way to get tendinitis, but the condition can happen to anyone. Your risk for tendinitis also increases with age. “Tendons lose health as we get older and become less able to handle the load,” says Dr. Evan Flatow, an orthopedist at Mount Sinai Roosevelt Hospital in New York.

Any activity that requires repetitive wrist turning or hand gripping, jumping or bending, pulling, pushing, or lifting can irritate the tendons. Some of the most common places to get the condition are in the shoulders, elbows, hands, wrists, knees, and ankles. Gardeners, carpenters, musicians, and other people whose work regularly places stress around the same tendons are at increased risk for developing tendinitis.

If treated early, tendinitis is usually a short-term condition. But it can come back if the tendon is aggravated over and over again. If tendinitis keeps affecting the same area over time, the tendon can weaken and tear or break. If you have pain or swelling--

and especially if you can't move a joint at all--contact a primary care doctor or an orthopedist. They can perform tests to pinpoint the exact areas of inflammation. You may also get an MRI scan or X-ray to check for a tear in the tendon or rule out other conditions, such as arthritis.

The first step in treating tendinitis is to reduce pain and swelling. Be sure to rest the swollen tendon so it can heal. “We have to break the cycle of inflammation to allow therapy to work,” Flatow says. A doctor may prescribe medicines that relieve inflammation (such as aspirin or ibuprofen), give steroid injections, or give you a splint or brace. Then gentle exercises can help strengthen the tendon.

If a tendon becomes torn, surgery might be needed to repair the damage. NIH-funded researchers such as Flatow are working to develop new ways to repair and regenerate tendons without surgery.

Regular physical activity helps keep muscles, bones, and tendons strong, and can lower your risk of injury and tendinitis. But be careful not to overdo it so you don't injure yourself.

“Keep joints limber,” Flatow advises. “Warm up and stretch before physical activity to prevent sudden injury.” Take care of your tendons so they can keep you painlessly bending and flexing your muscles long into old age.

*Reprinted from NIH News in Health:
<http://newsinhealth.nih.gov/issue/june2014/feature2>*

Suicide Prevention, continued from Page 3.

things like fitness reports, higher tenure, the potential threat of discipline, reluctance to be perceived as unreliable, perceived fairness of job assignments--it's difficult for some personnel to advocate for themselves. At times, we can begin to feel overwhelmed. Sometimes all it takes is a sudden rush of negative emotion or an act of impulse for one's stress to evolve into suicidal ideation, and, unfortunately at times, an actual suicide attempt.

With the suicide risk factors in mind, we should be looking at things like whether someone who is normally squared away begins to lose some bearing or looks somewhat disheveled in their uniform; those who are normally engaging may withdraw socially and isolate themselves; showing up to formation or work late; body language changes; decline in work performance.

As leaders, subordinates and peers, it's important to be aware of those around us and how these factors may affect colleagues and acquaintances. Yes, life in the military can be tough, but we should not take for granted the naturally expected pressures that come with our work. We should also keep in mind the human element and individual respective stress thresholds. To whom much is given, much is expected; but in the same breath, no one's well-being should be compromised to the point of suicidal consideration. It is important that we advocate for ourselves and one another if things begin to become too arduous, and let us not condemn but support one another should we decide to seek help and support.

We may not ultimately be responsible for the actions another decides to take; but we have the responsibility to help and support one another if we notice someone struggling. As the Commanding Officer has proclaimed, Ship, Shipmate, Self--not just for Suicide Prevention Month--but for every month.



Preventing Tendinitis

- Exercise regularly to strengthen muscles around the joints.
- Begin new activities or exercise routines slowly and gradually increase the intensity.
- Position your body properly when doing daily tasks.
- Take frequent breaks from repetitive exercises and motions.
- Stop activities that cause pain.
- Use padding, gloves, or grip tape to cushion joints while using tools and sports equipment.

MBTA
2X8



NHTP's Marine Liaison, Gunnery Sgt. Joseph Saunders, demonstrates Semper Fit's Paramobile, designed for disabled youths and adults. To check out a Paramobile on Mainside, contact Sherry Powell at (760) 401-3850; to check one out at the Desert Winds Golf Course, Contact Chuck Mastropalo at (760) 898-4820.

Farewell! May You Have Fair Winds and Following Seas...



Cdr. Brennan Autry (left)



Capt. Lisa Morris



Cdr. George Newton



Registered Nurse Jennie Pyle (left)

August is the cruellest month. Hospital personnel who have become friends PCS, retire and bid a fond farewell disappearing over the horizon. This summer we said goodbye to our Director for Administration, our Director for Clinical Services, our Director for Surgical Services, our Chief Information Officer, our Director for Public Health; our Assistant Director for Medical Services as well as to a number of retiring staff, some of whom were here since the Robert E. Bush Naval Hospital opened its doors in 1993. Clockwise from top left: Outgoing DFA, Cdr Brennan Autry (left), receives a commemorative hospital picture from Lt. j.g. Lincoln Stuart; former director of Clinical Services, Capt. Sandra Morris PCSed to NAS Patuxent River; former Director of Surgical Services, Cdr. George Newton PCSed to Naval Support Activity Naples, Italy; Pediatric Nurse Jennie Pyle receives a going-away certificate from Lt. Timothy Chinnock; Norma Noble, Medical Clerk in the Emergency Medicine Department retired July 30 with 36 years of federal service; Assistant Director for Medical Services, Cdr. Cynthia French, retired August 1; Director for Public Health, Cdr. Brenda Smith, PCSed to Camp Pendleton; Dr. Vivianne Wersel (audiologist) accepted a position at Walter Reed National Military Medical Center; Chief Information Officer Lt. Yekaterina Anderson PCSed to post-graduate school in Monterrey, California.



Medical Clerk Norma Noble



Lt. Yekaterina Anderson



Dr. Vivianne Wersel



Cdr. Brenda Smith



Cdr. Cynthia French